

# Dairy-free Matcha Latte

Inspired by a recipe from Rebecca Lilly Costa at  
www.rebeccalillycosta.com

high speed blender  
measuring cups  
measuring spoons  
saucepan (if heating)  
coffee mug OR tall glass

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1. For each person,  
**add** to the blender jug

1 cup **filtered water**  
1 TBS **extra virgin coconut oil**  
1 TBS **plain protein powder** of choice (opt.)  
2 tsp **nut butter** (OR 6 **almonds or cashews**)  
2 tsp **raw honey or maple syrup** (or to taste)  
1 - 2 tsp **matcha powder**  
½ tsp **ground cinnamon**  
½ tsp **pure vanilla extract**

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2. **Blend** on high until smooth.

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3. To **serve hot**, gently heat in a  
saucepan on the stovetop,  
OR to **serve cold** pour over ice in  
a tall glass.

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4. Can be **topped** with **a sprinkle of extra ground cinnamon**
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